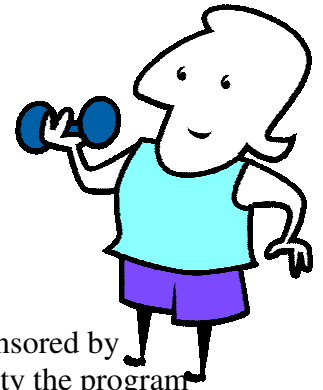


GUT CHECK



The Program:

Gut Check is a six week comprehensive conditioning program sponsored by Hanover Parks and Recreation. Regardless of fitness level or athletic ability the program offers individuals intensive and consistently varied fitness training. To improve overall fitness, the program focuses on maximizing cardiovascular endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy using functional movements.

The Schedule:

Morning Sessions meet every Monday, Tuesday, Thursday, and Friday from 5:30am to 6:30am beginning Monday, Tuesday September 4th. 24 sessions.

OR

Evening Sessions meet Monday, Wednesday, and Friday from 6:00pm to 7:00pm beginning Tuesday September 4th. 18 sessions.

All sessions are held at Hanover High School and meet rain or shine.

The Staff:

Gut Check has been in operation for five years and is designed and implemented Tim Brown and Kevin Perry. Together, they bring a wealth of knowledge regarding fitness and conditioning.

The Cost:

Morning session: 24 training sessions and a t-shirt \$200.00

Evening Session: 18 training sessions and a t-shirt \$150.00

Please make checks payable to Hanover Parks and Recreation. **Checks may be given to Tim Brown or Kevin Perry or mailed to:**

Hanover Parks and Recreation
c/o Gut Check
550 Hanover Street
Hanover, MA 02339

Payments are non-refundable.

Please enclose application (on reverse) with your payment.



Gut Check Program Registration Form

Participant Name _____ DOB _____ Age _____ M/F
(circle)

Address _____ Email Address _____

Town _____ Zip _____ Home Phone _____

Cell Phone # _____ Work Phone # _____

T-Shirt Size (circle one): S M L XL XXL

Emergency Contact

1) Name _____ Phone _____ Relationship _____

2) Name _____ Phone _____ Relationship _____

Relevant Medical Information (allergies, etc.): _____

Physician: _____ Phone: _____

Insurance Company Name: _____ Policy Number _____

Office use only- received _____ check# _____

Policies and Procedures

1. Registration will begin immediately and will continue until programs are filled on a first paid, first served basis or a deadline specified. Check or money order should be made payable to: **Hanover Parks and Recreation**. Please include registration form with check.
2. All fees are payable in advance to Hanover Parks and Recreation. Individuals are registered only when full payment and registration is received by the Parks and Recreation Department. No phone reservations will be accepted. Financial assistance is available for most programs; considerations should be expressed to the Recreation Administrator.
3. The Parks and Recreation Department reserves the right to postpone, cancel or change a program for any reasonable cause. The Parks and Recreation Department maintains a no refund policy unless a program is cancelled or postponed.
4. No confirmations are sent by the Parks and Recreation. Please note all information on your calendar. You may call us to confirm your mail-in or drop off registration.
5. Proper behavior in Parks and Recreation programs is expected at all times. If improper behavior persists, individuals will be excused from further participation in park and recreation programs.

RELEASE: I realized that participation in Parks and Recreation programs involves some risks but regard the benefits to outweigh the risks. I agree to hold harmless the Town of Hanover, Hanover Parks and Recreation, its agents, employees, contracts and volunteers from any and all claims sustained while participating in these programs. Hanover Parks and Recreation does not provide medical insurance for participants. Participants are advised to have adequate personal coverage and it is required for any field trips. Permission is granted for any emergency medical treatment needed.

Signature of parent or guardian (if Participant is under 18)

Date _____